



*Photo courtesy of Nicole Mordecai*

## JULY/AUGUST 2022

### Grab and Go

**Thursday, July 14, 11:00-11:15 at the COA**

In the spirit of picnic season, pick up a delicious Tuscan roll with dipping oil to enjoy as a snack or as an accompaniment to your dinner. Pre-order required by 7/11. Call the COA at 781-786-6280 to order.



### Coffee & Conversation

**Mondays, July 18 & August 22, 10:00-11:00 at the COA**

Enjoy coffee and conversation with friends and COA staff in the lounge or on our patio. On July 18, we welcome Weston's new Police Chief, Chief Denis J. Linehan, for coffee and conversation. Sign yourself up and encourage a friend to join you for a cup of coffee. Advance sign up is requested, but drop-in is welcome. Call the COA at 781-786-6280.



### Grab and Go

**Thursday, August 18, 11:00-11:15 at the COA**

When life gives you lemons, take cake over lemonade! Stop by the COA to pick up a mini lemon Bundt cake to enjoy at the COA, take home or bring to someone as a thoughtful gift. Pre-order required by 8/15. Call the COA at 781-786-6280 to order.



## What's Inside

- 02** Get to Know Us
- 03** Programs at the COA...& Out
- 04** Programs/Talks & Trips
- 05** Programs/Talks on Zoom
- 06** Fitness
- 07** Transportation
- 08** Let Us Help
- 09** Let Us Help
- 10** July Calendar
- 11** August Calendar
- 12** Chef Kits & More

# GET TO KNOW US

---

## COA Staff

### Director

Mignonne Murray  
murray.m@westonma.gov

### Administrative Assistant

Sandy Coburn  
coburn.s@westonma.gov

### Office Assistant

Audrey Pepper  
pepper.a@westonma.gov

### Program & Volunteer Coordinator

Kristen Frady  
frady.k@westonma.gov

### Social Workers

Christine (Chris) Kjellson, LICSW  
kjellson.c@westonma.gov  
Joyce McSweeney, M.Ed., LSW  
mcsweeney.j@westonma.gov

### Weston Shuttle Drivers

Frank Dayton  
Victor Gaybor  
Richard Howell

### Council on Aging Board

Linda Johnson, Chair  
Betsey Brew Boyd  
Jane Donnelly  
Paul Foley  
Susan Ruskin-Friend  
Robert Froh  
Joan Heilbronner, Vice Chair  
Wayne Johnson  
Brian Kardon  
Jean MacQuiddy  
Carol Ott  
Prather Palmer, Treasurer  
Susan Pauker

### Associate Board Members

Alice Benson  
Vida Goldstein  
Thomas Nicholson  
Shirley Small-Rougeau  
Gerri Scoll

### Friends of Weston's COA

Holly Tolley, Chair  
Barbara Baker  
Katherine "Kit" Diver  
William Rousseau

## Info & FAQs

**Hours: Monday–Friday, 9:00 am–4:00 pm**

Mask wearing in Weston municipal buildings, including the Community Center, is currently optional but that can change at any time. For the most up to date information on masking policies call us at 781-786-6280.

### What is the Weston COA?

The Council on Aging is a Town of Weston department that provides programs and services to older adults. We offer a robust calendar of in-person and virtual programs: educational talks, social events, affordable weekly exercise classes, health insurance information, housing decision help, van service, grocery store trips and much more. We also have a social worker on staff who is an expert in older adults and consults with residents and their families free of charge.

### How Do I Register For a Program?

**Phone:** 781-786-6280

**Email:** [westoncoa@westonma.gov](mailto:westoncoa@westonma.gov)

If you would like to participate in a virtual program, but do not have access to a computer, we have created a designated space for you to participate in the program in real-time at the COA. Contact the COA at 781-786-6280 for more information and availability.

As we continue to safely bring back in-person programs we strongly encourage you to register for our weekly e-newsletter so that you stay informed about any changes or additions to the schedule.

To sign up, visit [www.westonma.gov/stayinformed](http://www.westonma.gov/stayinformed) and follow the instructions on the page. Click the envelope icon next to "Council on Aging News" and "Council on Aging Events".

If you need assistance, contact Kristen at [frady.k@westonma.gov](mailto:frady.k@westonma.gov) and she will sign you up.

### Stay up to Date

**Find Us Online:** <http://www.westonma.gov/COA>

**Facebook:** <http://www.facebook.com/COAWeston>

**Onsite programs and services are subject to change at any time. For the latest information contact the COA.**



# PROGRAMS AT THE COA...& OUT

## Violin Concert

**Tuesday, August 2, 10:00-11:00 at the COA**

Internationally acclaimed violinist Ilana Zaks brings a program of solo violin music including Telemann, Coleridge Taylor Perkinson, Liszt and Paganini. Ilana has been described by Boston Music Intelligencer as "fearless, refreshing and commanding...she has all the requisites of technique, confidence and sensibility for a major career." Call the COA at 781-786-6280 to register.

## Boston Ballparks & Red Sox Native Sons

**Friday, August 5, 10:00-11:00 at the COA**

This baseball season marks the 152nd anniversary of Boston's first professional baseball team. At that time, the club was known as the Boston Red Stockings and its lineage has continued for 152 seasons, playing today as the Atlanta Braves. You're likely familiar with Fenway Park but there have actually been seven other Boston baseball stadiums that housed professional baseball teams over the years.

Presenter Herb Crehan is a recognized authority on Boston baseball history and has interviewed over 150 former key Red Sox players. He has written feature articles for the Red Sox program and Red Sox Magazine and loves to share the great stories that he has heard during his 27 seasons with the Boston Red Sox. Call the COA at 781-786-6280 to register.

## AARP Safe Driver Course

**Monday, August 15, 10:00-2:30 at the COA**

The AARP Smart Driver course is the first refresher course specifically designed for drivers age 50 and older. The course covers current rules of the road and how to operate your vehicle safely in today's challenging driving environment, including safety tips on learning to make adjustments for common age-related changes in vision, hearing and reaction time. Lunch will be provided. Cost is \$20 for AARP members, and \$25 for nonmembers, paid to AARP on the day of class by cash or check. You must present your AARP card to the instructor for the member rate. Call the COA at 781-786-6280 to register.

## Let's Do Lunch

### Group Lunch at Heirloom

**Wednesday, August 3, 12:00-1:00 at Heirloom, 31 Center St, Weston Center**

Take a pause in your day to join your Weston neighbors for a delicious lunch and wonderful company at Weston's newest restaurant. Cost: \$15, includes sandwich (turkey club or tuna melt), side salad and cookie, paid to the COA. Contact the COA at 781-786-6280 to register by July 28. Cancellation deadline: July 29.

### Summer Lunch on the Patio

**Tuesday, August 16, 12:00-1:00 at the COA**

Surrounded by flowers, there's no better place to enjoy a fresh, light summer lunch with friends and neighbors than on our patio. Cost: \$15, includes lunch, dessert and drinks. Vegetarian options available. Contact the COA at 781-786-6280 to RSVP by August 8/11. Cancellation deadline: 8/12. An indoor space will be available for those who would prefer to be out of the sun or in the event of rain.



## Movies at the COA

**Fridays, 1:00-3:00 at the COA**

July 1: *Hamilton*  
July 8: *Dog*  
July 15: *West Side Story*  
July 22: *Father Stu*  
July 29: *Julia Episode 1 & 2*  
August 5: *Julia Episode 3 & 4*  
August 12: *Julia Episode 5 & 6*  
August 19: *Julia Episode 7 & 8*  
August 26: *Let Them All Talk*



Call the COA at 781-786-6280 for movie descriptions and to sign up.

## Open Art Studio

**Mondays & Wednesdays, 9:30-12:00 at the COA**

## Ukulele with Daniel Metraux

**Tuesdays in August, 2:00-3:00 at the COA**

No sessions in July.

## Project Linus

The group is on summer break and will return in September.

# PROGRAMS, TALKS & TRIPS

## Art Appreciation: Art Keeps Us Human

**Tuesday, July 26, 10:00-11:00 on Zoom**

Art teaches. Art communicates. Art has humor, adventure and passion. People are the only living creatures who make art. It is a uniquely human activity and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human. The museum comes to you in this engaging presentation by Jane Blair, founder of ArtMatters, an art awareness and education organization. Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Be sure to bring your sense of humor and your sense of Human. Call the COA at 781-786-6280 to register.

## Conversational Spanish with Raquel Halty

**Tuesdays through July 12, 1:30-3:00 on Zoom**

Sessions will resume September 6.

Join this group to practice your Spanish language skills. Call the COA at 781-786-6280 to register.

## Local and Global Discussion Group

**Thursday, August 11, 12:00-2:00 at the COA**

This group will take a summer break in July & host a Brown Bag Lunch in August. Bring lunch and a drink. Dessert will be provided. Please bring a favorite political cartoon to share and discuss (make 8-10 copies).

If you aren't familiar with the Local and Global Discussion Group and would like to learn more, you're welcome to attend. RSVP to Susan Wagner [susanwgnr@gmail.com](mailto:susanwgnr@gmail.com) or 508-733-8810 so we can be sure to have enough dessert for all.



## Trips

### Architecture Cruise

**Friday, July 29, 9:15-12:45, Meet at the COA at 9:00**

This 2-hour tour offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks and the Charles River basin. The tour includes landmarks such as Marriott's Custom House, the Prudential Building and the Hancock tower, as well as cutting-edge contemporary design by today's top architects. These are simply the best waterfront views of Boston and Cambridge. Rain or shine. Cost: **\$25**, includes tour and transportation. Payment is due by check or cash at time of registration. Cancellation deadline: July 26.



### Tour of Fenway Park

**Friday, August 12, 9:45-12:30**

**Meet at the COA at 9:30**

Since 1912, fans have flocked to Fenway Park to watch the home team play in the heart of Boston. Referred to as "America's Most Beloved Ballpark" by Major League Baseball and sports enthusiasts, Fenway is home to Red Sox Legends, Williams, Yaz, Fisk, Rice and Pedro to name a few. Take in the magnificent view atop the fabled Green Monster, standing 37 feet 2 inches high, overlooking left field. Fenway's experienced tour guides will lead you on a thrilling one-hour tour through the hallowed walls and legendary moments of historic Fenway Park. Rain or Shine. Cost: **\$22**, includes private group tour and transportation. Payment is due by check or cash at time of registration. Cancellation deadline: August 9.



Check out our August 5th presentation, Boston Ballparks and Red Sox Native Sons on page 3.

# PROGRAMS & TALKS ON ZOOM

## Travel Programs

Whether you're traveling or staying home this summer, we offer two types of virtual travel programs to see sights from around the world from wherever you are! This summer's trip to Iceland provides history, photos, and travel tips in the style of a presentation. Our trips to Bruges and Marrakesh are live virtual walking tours with local guides.

### Live Virtual Walking Tour of Bruges, Belgium

**Wednesday, July 13, 1:00-2:00 on Zoom**

You will feel like you are actually walking along the streets of Bruges in this live virtual tour. Bruges has a perfectly preserved medieval center that reflects its golden age when it was the most important city of commerce in Europe. Our tour guide, Mark, will bring us along to explore its beautiful Market Square and Burg Square, home to the dramatic Belfry tower, the town hall, which is considered to be the best piece of gothic civic architecture in Belgium. We'll stroll alongside canals and quaint bridges as our guide shares the history of Bruges' rise and fall and rise again. Contact the COA at 781-786-6280 to register.



### Iceland, Land of Fire and Ice

**Thursday, August 11, 1:00-2:00 on Zoom**

Only a short flight away, visit a place that has an almost unearthly beauty where you can walk on glaciers and the rift between two continents, see breath-taking waterfalls, volcanoes, hot springs, and the amazing columnar basalt formations (if you are a "Star Wars" movie fan, you'll recognize them), and swim in the geothermal Blue Lagoon. Our presenter, Marilyn Harris, worked in education for over 40 years and in her retirement has continued to teach classes on history and travel. Call the COA at 781-786-6280 to register.



### Live Virtual Walking Tour of Marrakech, Morocco

**Wednesday, August 24, 1:00-2:00**

Marhaba & welcome! In this fascinating walking tour of Marrakech Medina (city), we will sightsee around the 12th century Koutoubia Mosque, navigate the city's alleys and its labyrinth and explore the colorful Souks (bazaars). Visit the magical Jamaa Lafna Square just before sunset: snake charmers, storytellers, fortune tellers, open-air restaurants full of local food, acrobats, and much more fun and entertainment. Call the COA at 781-786-6280 to register.



## Coming in September

### Island Creek Oyster Farm: Private Group Hatchery & Boat Tour

**Wednesday, September 14**

Watch for more information in the September newsletter. Registration begins August 29.

### Autumn Serenade: Bo & Bill Winiker Band Concert

**Tuesday, September 20, 3:30-4:30 at the COA**

### The Dark Treason of Benedict Arnold with Historian Richard Bell

**Thursday, September 22, 6:00-7:00 at the COA.**

### Art Appreciation: New York, New York

**Tuesday, September 27**

And more!



# FITNESS

---

## Trail Walk: Exploring the Sears Land Wednesday, July 27, 1:00, Meet at 12:50 at the Melone Homestead

Weston Forest & Trail's Joel Angiolillo will lead us to explore the western half of the Sears property. We will walk to the old "Mill Pond," check out the Rail Trail, take a short dip down into the Forbes Garden and return via the Chestnut Tree Farm and Greenhouses. Directions: Take Boston Post Rd. to Crescent St. A mailbox with a Land's Sake sign marks the driveway to 27 Crescent St. Go to the end of the driveway to a gravel parking lot just past the house. You will be notified by 9:00 am if the walk is cancelled due to inclement weather. Wear sturdy hiking shoes and bring water, snack and cell phone. A walking stick is encouraged. Call the COA at 781-786-6280 to register.

When was the last time you tried something new? Try Yoga Nidra as a part of our "Try It Series." Watch for more Try It programs.

### Yoga Nidra

Wednesday, August 17, 10:00-11:00 at the COA

Are you looking to feel rested, replenished and rejuvenated? Despite the word yoga in the name, Yoga Nidra, known as "yogic sleep", is a gentle practice open to anyone, no previous yoga experience necessary! Our Yoga Nidra facilitator Keri Straka will ease us into a state of "twilight sleep", where the rest and digest modes of the body help restore balance and harmony. Yoga Nidra is typically practiced lying down on a yoga mat but is accessible seated in a chair. We will have yoga mats and blocks available. You are welcome to bring your own, as well additional helpful props: blanket or thick beach towel and pillow or bolster. Keri is ERYT 500 hour yoga certified for vinyasa flow, restorative, Yoga Nidra, and aerial yoga instructor. Coming from a background in sculpture with a Master of Fine Art in ceramics, she has a deep interest in how the human body works, and how to find balance and harmony within the body. Call the COA at 781-786-6280 to register.

## Fitness Classes

---

We offer a variety of fitness classes Monday—Friday on Zoom & in-person for **\$5 per class**.

Contact the COA at 781-786-6280 to sign up for the classes you are interested in. There is no commitment, you can attend as many or as few sessions as you like of any of the classes.

You may prepay your account by sending a check to the Weston COA and we will deduct the class cost each time you participate or we will send you an invoice at the end of the month for the classes you have taken.

### On Zoom

---

#### Mondays

Exercise For Every Body with Ellen Cohen-Kaplan, **9:00-10:00**

Zumba with Ellen Cohen-Kaplan, **10:15-11:15**  
(No Class 8/8 & 8/29)

Yoga with Sandy Honeyman, **1:00-2:00**  
(No Class 7/18)

#### Tuesdays

T'ai Chi with Jon Woodward, **9:30-10:30**  
(No Class 7/5 & 8/30)

#### Wednesdays

Meditation, **10:00-10:30** (no charge)

Functional Fitness with Kathy Langenberg, **11:00-12:00** (No Class 8/10-9/7)

#### Thursdays

Yoga with Sandy Honeyman, **9:30-10:30**  
(No Class 7/21)

Line Dancing Level II with Kari McHugh, **12:00-1:00**

Line Dancing Level I with Kari McHugh, **1:30-2:30**

#### Fridays

Fitness Fridays with Michelle Nickerson, **12:00-1:00** (No Class 8/12 & 8/19)

### At the COA

---

#### Tuesdays:

Fitness with Michelle Nickerson, **10:30-11:30**  
(No Class 8/2, 8/9 & 8/16)

## Transportation Available for Weston Residents 60 and Older

### Curb-to-Curb Transportation Service

**Monday-Thursday, 9:00-3:00**

Ride the van within Weston, Wellesley, Wayland, Waltham, Newton-Wellesley Hospital and the Riverside and Woodland MBTA stations. Meet a friend for lunch, get a ride to the COA, go to any of these towns for shopping, banking and more. Call the COA to request your ride at least 2 business days in advance. If you need transportation beyond these destinations, contact us to see if we can get you there. Rides are free of charge, available to Weston residents 60 and older. **Masks are required on all COA vehicles.**



### Grocery Shopping

**Tuesdays in July and August, 9:30-12:30**

**Thursdays, July 7, 14 & 21 and August, 4, 11 & 18  
9:30-12:30**

Ride the Weston Shuttle Van to Market Basket in Waltham. Call the COA to reserve a seat.

***No shopping on July 28 & August 25.***

### Monthly Rides to Natick Mall & Trader Joe's

Let our Weston Shuttle drivers provide you with free curb-to-curb transportation to Trader Joe's and the Natick Mall.

#### Natick Mall

**Mondays, July 11 and August 8, 11:00-3:00**

Shop the brands that you love at the stores at the Natick Mall. Meet a friend for a coffee, a bite to eat or pick up some groceries at Wegmans.

#### Trader Joe's

**Mondays, July 25 and August 29, 1:00-3:00**

Trader Joe's is the place to shop for an eclectic selection of convention and organic grown foods, including vegetarian, vegan, imported and gourmet foods.

### Free Taxi Rides to Medical Appointments

The COA is currently able to provide free taxi transportation to medical appointments to local towns as well as to Boston. Rides are limited to four 1-way rides per month. For more information call the COA at 781-786-6280 to speak with Joyce McSweeney or Chris Kjellson. Rides must be scheduled at least two days in advance. This is not part of the taxi voucher program.

### Taxi Voucher Program

Vouchers for taxi rides are available for purchase at the COA. Discounted rides by JFK Transportation and will take you to destinations in the area.

Zone 1 – Weston: **\$5** one-way

Zone 2 – Lincoln, Waltham, Wayland, Wellesley:  
**\$12** one-way

Zone 3 – Concord, Natick, Newton, Framingham:  
**\$17** one-way

Vouchers are available for purchase at the COA. To schedule a ride, it is recommended to call ahead. Call JFK directly at 508-653-4500, 6:00 am-6:00 pm. Rides outside of JFK's regular business hours require advanced reservations. A maximum of 10 vouchers may be purchased each month. We ask that you only purchase what you anticipate using.

**Please note that taxi vouchers with the expiration date of June 30, 2022 are now valid through June 30, 2023.**



# LET US HELP

## COA Social Workers

COA Social workers, Joyce McSweeney and Chris Kjellson, can be reached by calling the COA at 781-786-6280 or email them at [mcsweeney.j@westonma.gov](mailto:mcsweeney.j@westonma.gov) or [kjellson.c@westonma.gov](mailto:kjellson.c@westonma.gov)

Joyce & Chris can assist you with:

- Information and referrals
- Application assistance
- Family meetings
- Ways to make your home safer
- Connecting caregivers with resources such as homecare, memory cafes, social day programs, home alert buttons
- Exploring housing options
- Planning for the future to age in place
- Assistance finding a vaccine appointment

Joyce & Chris can also point you in the right direction for more ways to save with the following:

- Personal Real Estate Exemption
- Property Tax Deferral Program
- Community Preservation Low/Moderate Income Surcharge Exemption
- Transfer Station PAYT Program
- Water Discount Program

**Social Service Hours at Brook School Apts.**  
**Wednesdays, July 6 & 20 and August 3 & 17,**  
**1:00-3:00**

## Support Groups

### Caregiver Support Group

**Thursdays, July 7 & 21, 10:00-11:30 at the COA**  
**Thursdays, August 4 & 18, 10:00-11:30 at the COA**

If you are seeing memory changes in a loved one, this group might help you. Members share stories and wisdom as well as resources and strategies for coping with the challenges of caring for someone at any stage of dementia. These meetings are hosted in-person at the COA with an opportunity to join virtually on Zoom. Contact the COA at 781-786-6280 to register.

### Neuropathy Support Group

This group will resume in September.

### A Note from COA's New Social Worker, Chris Kjellson, LICSW



I am so pleased to be part of the terrific Weston Council on Aging. In the few weeks since I started, I have been welcomed by a kind, knowledgeable and supportive staff, and met many wonderful Westonians. I received my Masters in Social Work from Simmons School of Social Work 30+ years ago and have been working consistently in the field since then. My clinical background is diverse, and my focus on older adults has included time at McLean Hospital's geriatric outpatient department, Assisted Living Facilities, and Skilled Nursing Facilities. I have supported older adults and their families with difficult end of life plans, dementia diagnoses and transitioning out of family homes.

The best part of working with older adults? Learning about their strengths, resilience, humor and I love hearing life stories.

I look forward to connecting with you—please reach out! I can be reached at 781-786-6280 or [kjellson.c@westonma.gov](mailto:kjellson.c@westonma.gov)

### Merriam Fund

The Merriam Fund is a financial resource available to assist Weston residents who find themselves in a temporary financial bind. It is not intended or able to provide on-going or continued support.

### COA Food Pantry

Weston residents of any age may visit the food pantry for non-perishable items. This is a confidential service. Donations of toiletries and non-perishable food are always welcome.

### Society of St. Vincent de Paul

St. Julia Parish, through St. Vincent de Paul operates a food pantry and may assist with emergency medical or housing expenses for people who live or work in Weston or Lincoln. Call 781-899-2611 and leave a message; a member will call contact you.



## Lock Box

A lock box allows Weston Fire personnel to enter the home of a Weston resident if he/she is unable to answer the door in the event of an emergency. A copy of your house key is placed in a small metal box that has been previously attached to the exterior of your home by the Weston Fire Department. Only the Fire Department has access to the lock box and your key. This is beneficial in the event that fire personnel or paramedics need to access your home. To get a lock box, call Samantha at the Weston Fire Department, 781-786-6106.



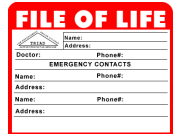
## Durable Medical Equipment Loan Program

Walkers, wheelchairs, rollators, canes, shower chairs and raised toilet seats are usually available for pick up. Call the COA at 781-786-6280 for equipment availability or for a list of items being accepted for donation.



## File of Life

A File of Life card contains your emergency contacts, medications, health issues etc. and enables medics to obtain a quick history during an emergency. Call the COA at 781-786-6280 to arrange getting a File of Life card for your wallet and your refrigerator.



## COVID Booster Update

The U.S. Centers for Disease Control and Prevention (CDC) recommends that certain immunocompromised individuals and all individuals 50+ get an additional booster dose of COVID-19 vaccines. The decision follows authorization by the U.S. Food and Drug Administration (FDA) for a second booster dose for these groups 4 months after receiving a first booster of the Pfizer or Moderna vaccines.

**If you are eligible for getting a second COVID-19 Booster:** Visit the Vaxfinder tool at [vaxfinder.mass.gov](https://vaxfinder.mass.gov) to book an appointment. If you are unable to use Vaxfinder or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line (Mon.–Fri., 8:30 am–6:00 pm, Sat. & Sun. 9 am–2 pm) is available for assistance by calling 2-1-1 and follow the prompts.

## Weston COVID-19 Response

Visit [www.WestonMA.gov/health](https://www.WestonMA.gov/health) for up-to-date best practices for healthy living in this complicated time, vaccination rates and vaccination information, as well as information on cases in Weston and testing. If you have questions email:

COVIDquestions@WestonMA.gov or call the COVID-19 Response Manager for the Town of Weston and a public health nurse at the Board of Health, Michele Fronk Schuckel, MBA, BSN, RN, at the Board of Health office at 781-786-5033.

## Medicare

### SHINE Appointments

**Thursdays in July & August, 10:00-12:00**

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. Call the COA at 781-786-6280 to schedule a SHINE appointment. For other SHINE related matters call 1-800-243-4636.

## Ask an Attorney

**Tuesdays, July 26 and August 30, 10:00-11:00 by phone with Attorney Julie Ladimer**

Call the COA to schedule a 15-minute phone appointment to answer questions about your estate planning. Call the COA at 781-786-6280 to make your appointment by 7/21 & 8/25.

## Veterans' Agent Hours

**Wednesdays in July & August**


**Town Hall: 9:00-12:00 / COA: 1:00-4:00**

Weston's Veterans' Agent, ensures Weston Veterans of the benefits they have earned and are entitled to. To schedule an appointment, call 781-850-5504 or email [skalpee@westsuburbanveterans.com](mailto:skalpee@westsuburbanveterans.com).

## Congresswoman Clark's Office

Jay Higgins, Senior Constituent Services Representative for Congresswoman Katherine Clark, is available to speak with residents at 617-354-0292 or [jay.higgins@mail.house.gov](mailto:jay.higgins@mail.house.gov)

# JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				-1-
				12:00 Fitness Fridays 1:00 Movie: <i>Hamilton</i>
-4-	-5-	-6-	-7-	-8-
 <p>COA Closed</p>	10:00 Mindfulness 10:30 Fitness with Michelle 1:30 Spanish  <i>No Tai Chi</i> <i>No Ukulele</i>	9:30 Open Art Studio 10:00 Meditation 10:30 Small Group Fitness 11:00 Functional Fitness 1:00 Veterans' Agent	9:30 Yoga 10:00 Caregiver Support Group 12:00 Line Dancing II 1:30 Line Dancing	12:00 Fitness Fridays 1:00 Movie: <i>Dog</i>
-11-	-12-	-13-	-14-	-15-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:15 Zumba 11:00 Natick Mall 1:00 Yoga 4:00 Grab & Go Deadline	9:30 Tai Chi 10:00 Mindfulness 10:30 Fitness with Michelle 1:30 Spanish  <i>No Ukulele</i>	9:30 Open Art Studio 10:00 Meditation 10:30 Small Group Fitness 11:00 Functional Fitness 1:00 Veterans' Agent 1:00 Live Virtual Tour: Bruges, Belgium	9:30 Yoga 11:00 Grab & Go 12:00 Line Dancing II 1:30 Line Dancing I  <i>No Local &amp; Global Discussion</i>	12:00 Fitness Fridays 1:00 Movie: <i>West Side Story</i>
-18-	-19-	-20-	-21-	-22-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:00 Coffee & Conversation 10:15 Zumba  <i>No Yoga</i>	9:30 Tai Chi 10:00 Mindfulness 10:30 Fitness with Michelle  <i>No Ukulele</i>	9:30 Open Art Studio 10:00 Meditation 10:30 Small Group Fitness 11:00 Functional Fitness 1:00 Veterans' Agent	10:00 Caregiver Support Group 12:00 Line Dancing II 1:30 Line Dancing I  <i>No Yoga</i>	12:00 Fitness Fridays 1:00 Movie: <i>Father Stu</i>
-25-	-26-	-27-	-28-	-29-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:15 Zumba 1:00 Yoga 1:00 Trader Joe's	9:30 Tai Chi 10:00 Ask an Attorney 10:00 Art Appreciation: Art Keeps Us Human 10:30 Fitness with Michelle  <i>No Ukulele</i>	9:30 Open Art Studio 10:00 Meditation 11:00 Functional Fitness 1:00 Veterans' Agent 12:50 Trail Walk	9:30 Yoga 12:00 Line Dancing II 1:30 Line Dancing I	9:00 Trip: Architecture Cruise 12:00 Fitness Fridays 1:00 Movie: <i>Julia</i> Episodes 1 & 2

# AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1-	-2-	-3-	-4-	-5-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:15 Zumba 1:00 Yoga	9:30 Tai Chi 10:00 Violin Concert 2:00 Ukulele  <i>No Fitness with Michelle</i>	9:30 Open Art Studio 10:00 Meditation 11:00 Functional Fitness 12:00 Lunch @ Heirloom 1:00 Veterans' Agent	9:30 Yoga 10:00 Caregiver Support Group 12:00 Line Dancing II 1:30 Line Dancing	10:00 Talk: Boston Ballparks 12:00 Fitness Fridays 1:00 Movie: Julia Episodes 3 & 4
-8-	-9-	-10-	-11-	-12-
9:00 Exercise For Every Body 9:30 Open Art Studio 11:00 Natick Mall 1:00 Yoga  <i>No Zumba</i>	9:30 Tai Chi 2:00 Ukulele  <i>No Fitness with Michelle</i>	9:30 Open Art Studio 10:00 Meditation 1:00 Veterans' Agent  <i>No Functional Fitness</i>	9:30 Yoga 12:00 Line Dancing II 12:00 Local & Global Lunch 1:00 Talk: Iceland, Land of Fire & Ice 1:30 Line Dancing	9:30 Trip: Fenway Park 12:00 Fitness Fridays 1:00 Movie: Julia Episodes 5 & 6  <i>No Fitness Fridays</i>
-15-	-16-	-17-	-18-	-19-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:00 AARP Safe Driver Course 10:15 Zumba 1:00 Yoga 4:00 Grab & Go Deadline	9:30 Tai Chi 12:00 Summer Lunch 2:00 Ukulele  <i>No Fitness with Michelle</i>	9:30 Open Art Studio 10:00 Meditation 10:00 Yoga Nidra 1:00 Veterans' Agent  <i>No Functional Fitness</i>	9:30 Yoga 10:00 Caregiver Support Group 11:00 Grab & Go 12:00 Line Dancing II 1:30 Line Dancing I	12:00 Fitness Fridays 1:00 Movie: Julia Episodes 7 & 8  <i>No Fitness Fridays</i>
-22-	-23-	-24-	-25-	-26-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:00 Coffee & Conversation 10:15 Zumba 1:00 Yoga	9:30 Tai Chi 10:30 Fitness with Michelle 2:00 Ukulele	9:30 Open Art Studio 10:00 Meditation 1:00 Veterans' Agent 1:00 Live Virtual Tour: Marrakech, Morocco  <i>No Functional Fitness</i>	9:30 Yoga 12:00 Line Dancing II 1:30 Line Dancing I	12:00 Fitness Fridays 1:00 Movie: <i>Let Them All Talk</i>
-29-	-30-	-31-		
9:00 Exercise For Every Body 9:30 Open Art Studio 1:00 Yoga 1:00 Trader Joe's  <i>No Zumba</i>	10:00 Ask an Attorney 10:30 Fitness with Michelle 2:00 Ukulele  <i>No Tai Chi</i>	9:30 Open Art Studio 10:00 Meditation 11:00 Functional Fitness 1:00 Veterans' Agent  <i>No Functional Fitness</i>		<b>Chef Kit: Black Bean Pasta Bowl</b>  Call the COA to pre-order. See page 12.





**Weston COA**  
20 Alphabet Lane  
Weston, MA 02493

Non-Profit  
POSTAGE  
**PAID**  
Boston, MA  
Permit No.  
57803

Deliver to current resident or



Mailing for this newsletter is funded by the Friends of Weston's Council on Aging.  
Newsletter printing is supported in part by the Massachusetts Executive Office of Elder Affairs.

### **Chef Kit: Black Bean Pasta Bowl** **Month of August**

Keep dinner interesting with this convenient chef kit to make black bean pasta bowls. Pasta, black beans, zesty tomatoes, and corn are combined for a colorful vegetarian summer dish. The kit will include the ingredients and an easy-to-follow recipe to make this quick, easy and delicious meal for 4. Follow our directions and use the pre-portioned ingredients included or exercise your creative cooking skills and make the meal uniquely yours by upgrading or swapping ingredients with our *optional upgrades* list.

Pre-order is required. Kits will be available through the month of August as supplies last and available for pick up on designated dates provided to you at the time of registration. Contact the COA at 781-786-6280 to order your free chef kit. Limit 1 per household.



### **Weston Summer Concert Series** **Wednesdays, 7:00 pm, Weston Town Green**

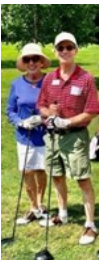
For more information, contact the Weston Recreation Department at 781-786-5000.

*Sponsored by Cambridge Trust*

### **Weston Scramblers**

**Wednesdays at 12:30 at the Leo J. Martin Memorial Golf Course**

Join others for 9-hole scramble, a fun format for informal rounds among casual golfers. Meet by 12:15 for 12:30 tee time. Cost: **\$15** for walkers; or **\$22** for golf cart, payable to the golf course on the day of play. Golfers are required to have some golf experience and knowledge of golf etiquette. Call the COA to register in advance each week at 781-786-6280.



**COA Board Members at Celebration Weston on 5/21.**  
*Pictured l-r: Betsey Boyd, Mignonne Murray, Director, Joan Heilbronner, Sue Ruskin-Friend and Linda Johnson*